FRIGIDAIRE RECIPES

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FRIGIDAIRE RECIPES

Prepared especially for Frigidaire Automatic Refrigerators equipped with the Frigidaire Cold Control

Published by
FRIGIDAIRE CORPORATION
DAYTON, OHIO, U. S. A.

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by

FRIGIDAIRE CORPORATION
DAYTON, OHIO, U. S. A.

Foreword

THE primary purpose of Frigidaire Automatic Refrigeration is to preserve food. In this capacity it is today preventing needless food spoilage and safeguarding health in hundreds of thousands of homes throughout the world. But there are many other services which Frigidaire offers.

The delicious frozen desserts and salads which may be prepared with the aid of Frigidaire, represent an entirely new application of the household refrigerator. To understand thoroughly how easily these frozen dishes may be prepared is to value Frigidaire above all other household utilities.

This booklet is published so that Frigidaire users may have at their disposal a variety of recipes for frozen dainties. And at the same time they may have many helpful hints as to the most practical and simplest way each recipe may be prepared.

THE recipes contained in this booklet have been tested and approved by

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The Model AP-7-2 Frigidaire, illustrated above, is only one of the fifteen Frigidaire cabinet models which range in size from four to eighteen cubic feet food storage space. Frigidaire cabinets may be secured in enduring Tu-Tone porcelain enamels of gray and white, in lustrous white Duco or in any of five harmonious color combinations of Duco.

CHAPTER I

Frigidaire and the Modern Home

FRIGIDAIRE plays a definite role in the daily routine and management of the modern home. It is an integral part of the equipment that lightens household cares and contributes to the health, happiness and convenience of every member of the family.

Proper refrigeration is today an ever increasing necessity. The rapid growth of population in cities and urban areas has brought dependence upon distant centers of food supply. Meat for example, travels a great distance before it finally reaches the home. Fresh fruits, vegetables, poultry, milk, butter, eggs and other food products in very few cases enter the home directly from the farm. It is therefore vitally important, with this complex distribution of food, that every home provides proper refrigeration. And such refrigeration as defined by the United States Government and health authorities, is a constant, unvarying temperature below 50 degrees Fahrenheit.

With Frigidaire in the home proper refrigeration is assured. For Frigidaire affords cold temperatures always below 50 degreesFahrenheit. In these temperatures foods stay fresh and wholesome for days. Their original savory flavors are enhanced by the constant cold. Needless food spoilage is entirely eliminated and the health of every member of the family is protected.

The proper food preservation qualities of Frigidaire alone make it a household necessity. But there are many other advantages to be derived from this modern automatic refrigerator. Frigidaire affords care-free refrigeration in that it is entirely automatic and dependable in operation. With Frigidaire it is possible to go away for the week end, or even longer, without considering food supply.

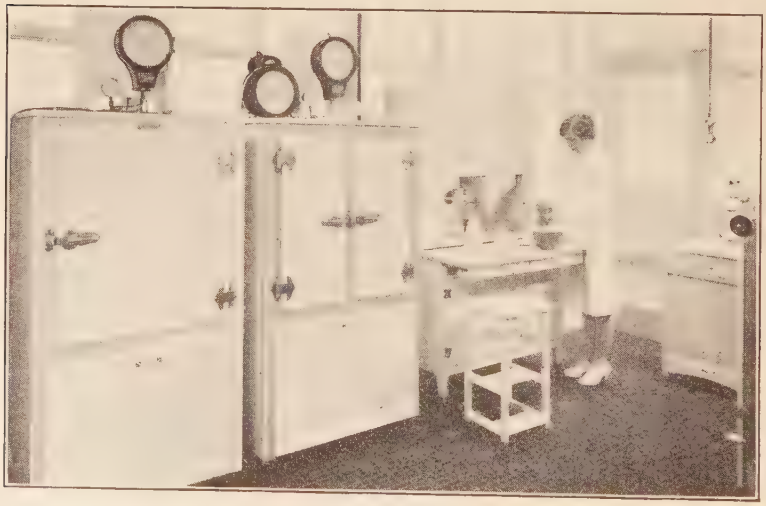
And Frigidaire is a definite economy. Savings in refrigeration costs over former ice bills, needless food spoilage eliminated, and ability to purchase in larger quantities at reduced prices make Frigidaire one of the greatest essentials of the modern home.

CHAPTER II

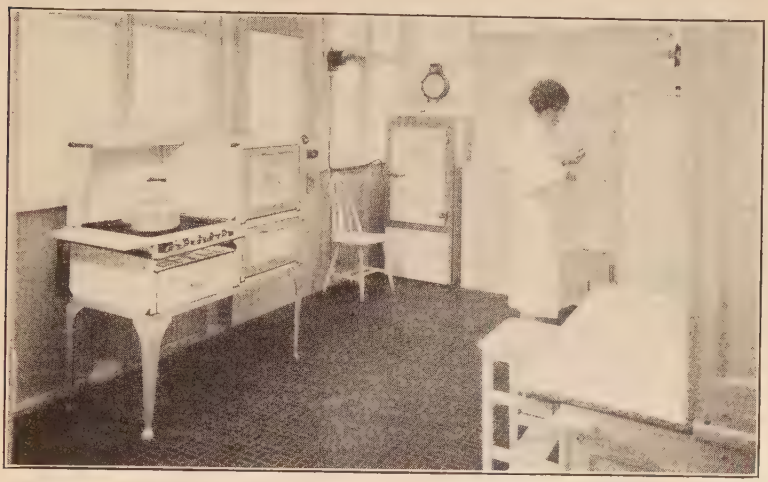
The Frigidaire Experimental Kitchen

ONE of the greatest advantages of Frigidaire is the facilities it offers for preparing delicious frozen desserts and salads. This feature represents an entirely new application of the household refrigerator. And because it is new, Frigidaire Corporation has established at its factory, in Dayton, Ohio, an experimental kitchen. The sole purpose of this kitchen is to formulate and test recipes which may be prepared with the aid of Frigidaire, and to simplify the process of making so that Frigidaire users may be aided in a practical way.

The Frigidaire Experimental Kitchen is completely equipped to obtain accurate information on each test conducted. No recipe is released until the ingredients and proportions produce a delightful dish, which may be frozen easily and speedily in Frigidaire.



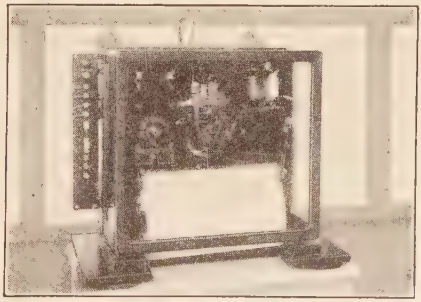
The Frigidaire Experimental Kitchen



Reading Temperature of a Freezing Tray

Each cabinet in the Experimental Kitchen is equipped with a recording thermometer and other thermometers to indicate the exact temperature maintained. They are also equipped with instruments to determine current consumption and other vital points. Thermo-couples are used to determine temperatures necessary while tests are conducted.

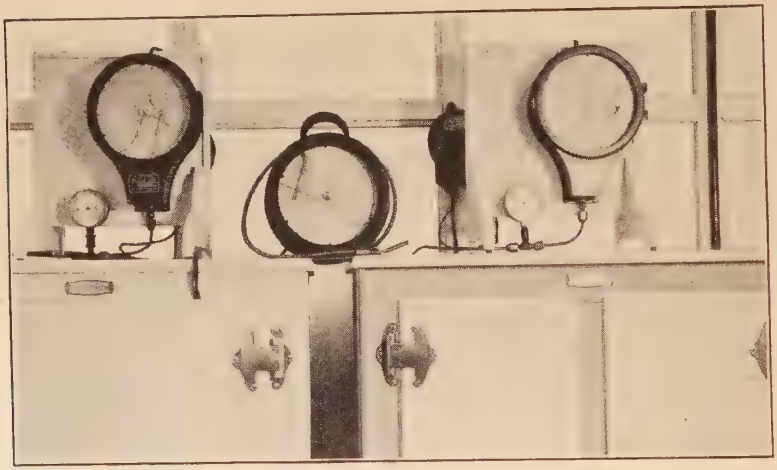
This scientific equipment has been included in the kitchen in order to learn certain fundamental principles about dessert freezing. The knowledge thus gained is passed on to Frigidaire users in this booklet. It is given so that frozen desserts and other dainty dishes which



The Thermo-couple, a very delicate recording thermometer, used in the Frigidaire Experimental Kitchen

are made with the aid of Frigidaire may be prepared with very little effort, and in the simplest, surest way.

The Frigidaire Experimental Kitchen is in charge of a capable domestic science expert. In her work in this kitchen, she has become thoroughly acquainted with the science of preparing frozen desserts and salads. The knowledge and experience she has gained is reflected in the simplicity with which the delightful recipes given in this booklet may be prepared.



A Group of Scientific Instruments Used

CHAPTER III

Frigidaire Cold Control

IT is common household knowledge that various degrees of heat are required for practical cooking of foods. The same principle holds true in freezing desserts, only in the opposite direction. Various degrees of cold are required for practical freezing of desserts. Certain combinations of fruit juices, certain combinations of acids, and certain combinations of other ingredients, such as cream, sugar, etc., all require various temperatures of cold for freezing. For example, certain combinations of fruit juices will freeze only at temperatures far below zero. While by changing these combinations slightly the mixture will readily freeze firm at 15 or 20 degrees above zero.

It is evident that to be able to freeze a variety of desserts quickly, practically and satisfactorily, a means must be available of attaining the different degrees of cold necessary, the same as a means is provided for regulating heat in the oven. The Frigidaire Cold Control affords this means.

The Frigidaire Cold Control is a device, now a part of Frigidaire, that is of invaluable assistance in the practical freezing of desserts. By means of the Cold Control the temperatures in the Frigidaire freezing compartment may be regulated. Freezing speeds, different degrees of cold, are provided for every need. When a dessert is to be frozen the proper cold temperature may be attained by operating the Cold Control, a very simple operation.

Not only does the Frigidaire Cold Control afford a means of attaining temperatures necessary to freeze desserts, but by its use the dessert freezes in a minimum of time. And freezing desserts rapidly brings about a smooth texture, a lightness and daintiness so desirable in any frozen dish.

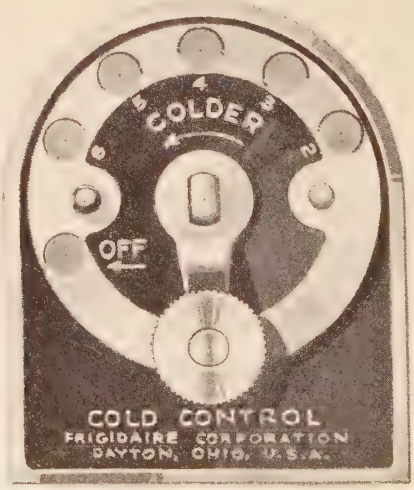
The Frigidaire Cold Control also plays an important part in freezing ice. All Frigidaire models freeze ice rapidly. But in cases of

emergency when there is an unusual demand for ice the Frigidaire Cold Control may be regulated so that ice is frozen with even greater rapidity.

The Frigidaire Cold Control is an exclusive Frigidaire feature. It is included on all household Frigidaire models as standard equipment. The great variety of unusual recipes for frozen dainties that are included in this book have been made possible by use of the Frigidaire Cold Control.

Detailed instructions on how to operate the Frigidaire Cold Control are given on succeeding pages. Three methods of using the Cold Control and three methods of freezing desserts are described. It is unnecessary to memorize these methods for each recipe cites the methods to be used.

The freezing speeds provided by the Cold Control are indicated by numbers from "1" to "6," as illustrated below. ***The Cold Control should be set at position "1" at all times when desserts are not being frozen.*** At this position ice cubes are frozen rapidly and proper food preservation temperatures are maintained. By turning the Cold Control to position "2" the freezing compartment temperature is lowered. Each position up to "6" affords colder temperatures than the preceding position.



The Frigidaire Cold Control

CHAPTER IV

Methods for Setting Cold Control

HERE are the methods for setting the Cold Control. Reference to these methods is made in every recipe. The various freezing speeds are designated by numbers on the Cold Control.

The first speed is obtained by setting the switch arm in position marked "1"; the second speed in position marked "2"; and so on. See previous page, illustrating the Cold Control.

Method I

When mixture is properly chilled and placed in tray to be frozen, set Cold Control in 4th or 5th position. After the dessert is frozen, set Cold Control in 2nd or 3rd position. This will maintain a temperature necessary to hold the dessert until serving time.

Method II

When mixture is cooled, pour into tray and set Cold Control in 2nd or 3rd position and allow mixture to chill one hour. Then set Cold Control in 4th or 5th position for freezing dessert. After the dessert is frozen, set Cold Control in 2nd or 3rd position. This will maintain a temperature necessary to hold the dessert until serving time.

Method III

When mixture is cool, pour into tray and allow to chill, then set Cold Control in 6th position until dessert is frozen. After the dessert is frozen, turn the Cold Control back to 2nd or 3rd position until dessert is served.

NOTICE—When dessert is left over, the Cold Control should be set in 2nd or 3rd position. This will give a temperature necessary to retain the texture and flavor. By so doing, the dessert can be kept indefinitely.

CHAPTER V

Methods of Freezing Desserts

HERE are the three different methods of freezing. Follow the method called for in the recipe which you are preparing.

Method I

Some desserts, such as mousses and parfaits, need no stirring during the freezing process. This sort of a dessert can be poured into the tray or molds and by setting the Cold Control in the proper position, needs no attention until frozen. Follow instructions for setting the Cold Control for holding desserts until serving time.

Method II

Desserts such as ice creams, sherbets and ices must be agitated by stirring with a spoon from front to back of tray during the freezing process.

When mixture is properly chilled in Frigidaire, pour into tray and allow to freeze, agitating at half-hour intervals until frozen to a mushy consistency. Finish freezing without further agitating.

Method III

When mixture is properly chilled in Frigidaire, pour into tray and allow to freeze to a mushy consistency. Remove mixture to an ice cold mixing bowl which has been kept in Frigidaire for this purpose, and beat with rotary egg beater until light. Return to tray and allow to finish freezing without agitating.

This method is most popular in the making of ices and sherbets. After the mixture has been beaten to a very light consistency, the egg whites and cream are added. If the mixture is somewhat separated after it is partly frozen, it can be removed to an ice cold bowl and the beating process repeated. This will give the desired results. Be sure that the Cold Control is set properly.

CHAPTER VI

Hints on Practical Dessert Making

FRIGIDAIRE FROZEN DESSERTS reflect a new light on the subject of dessert making. New desserts are being formulated every day, and the merits of Frigidaire have not been exhausted in any way by the recipes contained in this booklet. By experimenting it has been learned that delicious desserts may be made by using certain cookery technique. In formulating and preparing desserts it is well to pay particular attention to the following:

Method of Preparation

Just how ingredients are prepared, combined and handled during the freezing process is important in bringing out the desired flavor and texture of the dessert.

Whipping Cream

Whipping cream for ice cream or any other of the frozen desserts, should be whipped until it is light and fluffy. If it is over-whipped, a fatty taste will result in the dessert.

Proportions

All ingredients should be measured accurately. All standard measures have been used for the recipes in this book. If too much sugar is used the dessert will not freeze successfully. If too much milk is used without a foundation, the water content will cause ice particles in the dessert.

Keep Ingredients Cold

All ingredients should be kept as cool as possible so as to shorten the length of freezing time. In preparing many of the desserts, it is very important for the mixture to be properly chilled before flavor or fruit mixtures are added.

In the making of sherbets and ices, where egg whites and whipped cream are both added after the beating process, each should be prepared and placed in Frigidaire to keep cool and ready.

Throughout the book reference is made to "cool" and "chill." By "cooling" is meant leaving the mixture in the container until cooled to room temperature. By "chilling" is meant placing the mixture in Frigidaire, either in or below the freezing compartment, and allowing to be chilled throughout but not frozen.

Fruits

In selecting fruits for ice creams, the well-ripened fruit will give the more desired flavor. In selecting for a fruit dessert, the fruit canned in syrup holds its own and is more attractive than the well-ripened fruit.

Possibilities

By using the Cold Control, which regulates the temperature of your Frigidaire as you wish, a dessert can be frozen in a very short time. By proper setting of the Cold Control, the dessert can be held in readiness for any emergency. Do not be afraid to use your Frigidaire, and when trying a new dessert, as in trying a new cake recipe, if it is not entirely satisfactory the first time, re-read the method of preparation and method of setting the Cold Control and try again, for the power is there at your disposal.

Summary

1. Texture depends upon method of preparation.
2. Cream should not be over-whipped.
3. Measure all ingredients accurately.
4. Keep ingredients cool until used.
5. Use well-ripened fruits and canned fruits properly.
6. Make proper use of Cold Control.
7. To assure satisfactory results, follow *carefully* the methods of preparation and the methods of setting the Cold Control.

CHAPTER VII

Ice Cream

ICE CREAM, although very common, maintains its popularity in the dessert group. Making ice cream in Frigidaire is a very simple process. The cleanliness involved adds a joy to the making.

Ice creams can be made and kept indefinitely in Frigidaire. By proper setting of the Cold Control, the dessert will retain its fine texture and delicious flavor.

Some ice creams need more agitating than others. For this reason different methods of freezing are suggested. Be sure to follow the methods for setting the Cold Control and for freezing desserts.

Vanilla Ice Cream

1 Cup XX cream
2/3 Cup confectioners sugar
1 1/2 Cups single cream
1 1/2 Teaspoons vanilla

Whip XX cream until light and fluffy. Add sugar and vanilla. Carefully fold into this 1 1/2 cups single cream. Pour into tray and allow to freeze to a mushy consistency.

Follow Method II for setting the Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Suggestions

(a) Substitute 4 tablespoons of sherry wine flavor in place of vanilla. This will make a delicious ice cream.

(b) Substitute 5 tablespoons of claret wine flavor in place of vanilla. This will give an excellent flavor.

NOTE—*(When the wine flavors mentioned above are used, change sugar portion from 2/3 cup to 1/3 cup. Wine flavors are very high in sugar content.)*

(c) Substitute 1 1/2 cups of peach puree with two tablespoons

Vanilla Ice Cream with Orange Cream Sauce

sherry wine flavor in place of vanilla. This will make a delicious fruit cream. This should be added after the beating process.

Vanilla Custard Cream

1 Cup sweet milk
¾ Cup granulated sugar
2 Tablespoons cornstarch
2 Egg yolks
⅓ Cup single cream
2 Egg whites
Pinch of salt
1½ Cups XX cream
2 Teaspoons vanilla extract

Mix granulated sugar and cornstarch. Add scalded milk gradually, stirring constantly. Pour in top of double boiler and cook for twenty-five minutes. Stir well several times during this cooking process. Remove from fire and add well beaten egg yolks. Cook again for five minutes, stirring constantly. Add single cream, stir well and pour into mixing bowl to cool. If custard is rather lumpy beat with egg beater or run custard through sieve. When custard is cool, fold in stiffly beaten egg whites to which salt has been added and place in Frigidaire to chill. Whip cream, add vanilla and fold into custard. Pour into tray. In one hour remove and stir well, following Method I for setting Cold Control and Method I for freezing desserts. *See pages 13 and 14.*

Chocolate Custard Cream

Place two squares of bitter chocolate in top of double boiler and place over fire until dissolved. Add this mixture to the preceding custard before it is cool and before egg whites are added. Continue method in the preceding recipe. This will give a delicious custard cream with an unusually smooth texture.

Rum, Port, Sherry and Brandy Custard Cream

In using rum, port, sherry and brandy flavors which are in the form of jellies, the sugar portion must be changed. One-half cup of jelly with one-quarter cup of granulated sugar added to the preceding recipe will give the desired flavor.

Make sure that custard is thoroughly chilled before jelly is added. If it does not mix well, beat with rotary egg beater. Egg whites should not be added to custard until after custard is properly chilled and jelly is thoroughly mixed.

Mocha Ice Cream

1 Cup sweet milk
2 Tablespoons coffee (ground fine)
2 Egg yolks
1 Tablespoon flour
2 Egg whites
1 Cup XX cream
Pinch of salt
½ Cup granulated sugar

Add coffee to one-half cup of sweet milk and place in top of double boiler. Cook for five minutes. Remove and strain through cheese cloth and cool.

Mix flour and granulated sugar and add one-half cup scalded milk slowly to this mixture. Cook in top of double boiler for fifteen minutes. Add well beaten egg yolks slowly and return to fire. Cook for five minutes, stirring constantly. Remove from fire and cool.

Combine first mixture to custard. Fold in stiffly beaten egg whites to which salt has been added and return to Frigidaire to chill. Whip cream. Fold cream into custard and pour into tray to freeze.

Follow Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Suggestions

(a) After beating process, during freezing add one-half cup chopped English walnuts. This will give a delicious nut cream.

(b) The addition of one-half cup of chopped maraschino cherries with three tablespoons of cherry syrup will also make a delicious dessert.

Chocolate Ice Cream

2 Squares bitter chocolate
1 Cup granulated sugar
1 Cup milk
2 Egg yolks
1 Teaspoon vanilla
2 Egg whites
1 Cup single cream
1 Cup XX cream
Pinch of salt

Melt chocolate in top of double boiler. Heat sugar and milk in top of second double boiler, then add well beaten egg yolks. Cook for 5 minutes then add to melted chocolate slowly. Stir well while combining the two. Cool, then fold in stiffly beaten egg whites. Chill, add single cream to custard, then fold in XX cream which has been whipped and properly chilled. Pour into tray and follow Method I for setting Cold Control and Method II for freezing dessert. *See pages 13 and 14.*

Maple Ice Cream

1 Cup maple syrup
⅔ Cup water
1½ Tablespoons flour
2 Eggs
1 Teaspoon vanilla
1 Teaspoon lemon juice
Pinch of salt
1½ Cups XX cream
½ Cup single cream

Make a thin paste of flour and a small amount of water. Combine the remaining water with syrup and bring to boiling point. Carefully add hot syrup mixture to paste, stirring constantly. Return to fire and cook for ten minutes. Add to well beaten egg yolks and continue to cook in top of double boiler for five minutes, stirring constantly. When this reaches the consistency of thin custard, remove from fire and when partly cooled add to stiffly beaten egg whites to which salt has been added. Whip cream and add vanilla. Combine mixture with whipped cream and pour into tray to freeze.

Follow Method I for setting Cold Control and Method III for freezing dessert, adding the single cream after the beating process. *See pages 13 and 14.*

Maple Nut Cream

One-half cup of English walnuts and pecans or English walnuts alone, chipped fine, added to the preceding recipe will give a delicious Maple Nut Cream.

Caramel Ice Cream

3 Tablespoons granulated sugar
1 Cup milk
½ Cup powdered sugar
1½ Tablespoons flour
2 Eggs
2 Cups whipping cream
1 Teaspoon vanilla
⅛ Teaspoon salt

Caramelize granulated sugar by placing it in an iron or heavy aluminum pan and heating until it is melted and is a light golden brown. Add milk and heat until caramel is dissolved. Mix powdered sugar, salt and flour thoroughly and add hot caramel mixture, stirring slowly and constantly. Return to fire and cook for 15 minutes, continuing to stir. Beat egg yolks slightly. Add to mixture gradually. Cook slowly in double boiler for 5 minutes, stirring con. stantly. Cool, fold stiffly beaten egg whites to caramel mixture. Add vanilla. Fold in whipped cream, pour into tray and allow to freeze, following Method I for setting Cold Control and Method II for freezing desserts. *See pages 13 and 14.*

Caramel Nut Cream

One-half cup chopped English walnuts and pecans added to the above recipe will make a very delicious nut cream.

Cocoa Caramel Cream

1 Cup sweet milk
1 Tablespoon tapioca
¼ Cup granulated sugar
3 Tablespoons cocoa
2 Tablespoons caramel syrup
1 Egg
½ Teaspoon vanilla
1 Cup XX cream
Pinch of salt

Cook tapioca and milk in double boiler ten minutes. Add sugar and cocoa which has been mixed well. Cook 5 minutes.

Use caramel syrup made by caramelizing 3 tablespoons granulated sugar in a heavy aluminum pan until it becomes a light golden brown. Add one-half cup milk and cook until all is dissolved.

Add the caramel syrup and beaten egg yolk to the above tapioca and milk mixture, and stir well. Remove from fire, run through sieve. When partly cooled, add stiffly beaten egg white to which salt has been added, then add vanilla. Whip cream and carefully fold into mixture. Pour into freezing tray and agitate once during the freezing process.

The cocoa portion should be judged according to its strength. This is an important item—combining cocoa with the caramel flavor.

Use Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Raspberry Ice Cream

1 Pint red raspberries
½ Cup granulated sugar
Pinch of salt
½ Cup single cream
1 Cup XX cream

Crush berries with sugar and heat. Cook for 5 minutes. Remove from fire and run through sieve. Add pinch of salt and allow to cool. Then place in Frigidaire to chill. Whip cream and place in Frigidaire. Add single cream to chilled fruit juice. Then fold in whipped cream. Pour into tray and allow to freeze, agitating twice at hour intervals.

Follow Method II for setting Cold Control. *See page 13.*

Tutti Frutti Ice Cream

¾ Cup sweet milk
1 Tablespoon cornstarch
⅓ Cup granulated sugar
2 Eggs
Pinch of salt
½ Cup cooked raisins (chopped)
⅓ Cup preserved strawberries
½ Cup maraschino cherries (chopped)
½ Cup English walnuts (chopped)
1 Cup XX cream
2 Tablespoons sherry wine flavor

Mix sugar and cornstarch and add scalded milk slowly, stirring constantly. Cook for 25 minutes in double boiler, add well beaten egg yolks and cook again for 5 minutes, continuing to stir. Remove from fire and when partly cooled, fold in stiffly beaten egg whites to which salt has been added. Pour into mixing bowl and place in Frigidaire to chill.

Cut one-half cup of cooked seeded raisins in halves. Select whole berries from preserves and chop in uniform size. Cut maraschino

Tutti Frutti Ice Cream

cherries in eighths. Chop English walnuts. Mix chopped fruits and place in Frigidaire to chill while nuts are being chopped. Whip cream and place in Frigidaire to keep cool.

Add fruits and custard, then add nuts. Add sherry wine flavor, then fold in whipped cream. Pour into tray to freeze. When partly frozen remove tray and agitate mixture by stirring from front to back of tray. This will prevent fruits and nuts from settling. Return to Frigidaire and allow to finish freezing without further agitating.

Follow Method III for setting Cold Control. *See page 13.*

Frozen Plum Custard

1 Cup milk
1/4 Cup sugar
1 Tablespoon flour
3 Tablespoons corn syrup
3 Egg yolks
1/2 Cup puree of plums
1 Cup cream
Pinch of salt

Mix sugar and flour well, then add milk and cook in double boiler for 15 minutes, stirring often. Beat egg yolks and add syrup. Pour this into first mixture slowly and cook for several minutes. Remove from fire, strain and cool. Run plums drained from syrup, through puree. Add plum puree to custard and fold in whipped cream. Pour into tray and allow to freeze to mushy consistency, remove to ice

cold bowl and beat with rotary egg beater. Return to tray and allow to finish freezing without further agitating.

Follow Method I for setting Cold Control. *See page 13.*

Strawberry Ice Cream

1 Quart strawberries
1 Cup granulated sugar
2 Tablespoons confectioners sugar
2 Cups XX cream
½ Cup single cream
1 Teaspoon vanilla
Pinch of salt

Wash, stem and crush berries with sugar. Heat to boiling point. Remove from fire, add salt and cool. Run through puree. Whip cream, add vanilla and confectioners sugar and place in Frigidaire to keep cool. Fold whipped cream into fruit mixture and pour into tray of Frigidaire.

Follow Method II for setting Cold Control and Method II for freezing process. *See pages 13 and 14.*

Peppermint Candy Ice Cream

½ Pound peppermint stick candy
1 Cup milk
2 Cups XX Cream

Dissolve candy in milk in top of double boiler. Chill, pour into Frigidaire tray and freeze until firm. Remove to ice cold bowl and beat quickly, add the XX cream during this beating process. Return to tray and allow to finish freezing.

Follow Method III for setting Cold Control and Method II for freezing desserts. *See pages 13 and 14.*

Marshmallow Delight

½ Pound of marshmallows
1½ Cups crushed pineapple
2 Cups XX cream
2 Tablespoons powdered sugar

Cut marshmallows in fourths, add pineapple and mix well. Let stand in Frigidaire over night.

Whip cream, add vanilla and powdered sugar. Mix well.

Fold whipped cream into fruit and marshmallow mixture. Pour into trays. This can be served when chilled or frozen—preferably when chilled.

Follow Method I for setting Cold Control. *See page 13.*

ICE CREAM SAUCES

SAUCES can easily be made and kept in Frigidaire to be used as needed. Quite a variety of desserts can be made by using the different sauces with ice cream. The chocolate sauce can be used not only as an ice cream sauce, but it is also a very desirable addition to the milk drink.

Chocolate Sauce (for Hot Fudge)

1½ Cups sugar
2 Tablespoons butter
1 Square bitter chocolate *or*
3 tablespoons cocoa
⅓ Cup hot water
⅓ Cup single cream
1 Teaspoon vanilla
Pinch of salt

Melt chocolate in top of double boiler, then add butter, sugar and salt. Add hot water and heat directly over the fire until all crystals are dissolved, then cook for 5 minutes, or 10 minutes if cooked slowly. Remove from fire and add one-third cup of single cream. Beat well, add vanilla and serve hot over vanilla cream.

Chocolate Sauce (for Ice Cream)

1½ Cups sugar
1 Tablespoon butter
1 Square of bitter chocolate *or*
3 tablespoons cocoa
⅓ Cup hot water
¾ Cup single cream
1 Teaspoon vanilla
Pinch of salt

Melt chocolate in top of double boiler and add butter, sugar and salt. Heat until all the sugar is dissolved. Finish cooking directly over the fire. Add hot water, then add cream slowly and cook for ten minutes. Remove from the fire and when partly cooled add vanilla and beat before serving. This can be kept in Frigidaire and used as needed. This sauce can also be used for mixing any chocolate milk drink.

If cocoa is used, mix cocoa with sugar and butter before heating. Then add cream and let cook to a creamy consistency.

Coffee Sauce (for Ice Cream)

¾ Cup strong hot coffee
1 Cup granulated sugar
2 Tablespoons corn syrup

Cook all ingredients for ten minutes. Cool and then place in

Frigidaire to chill. Serve very cold with or without the addition of whipped cream. This syrup can be made and kept in a jar in Frigidaire and used as needed for servings of ice cream.

Orange Cream Sauce

2 Egg yolks
½ Cup sugar
Juice and grated rind of one orange
1 Cup XX cream

Heat grated orange rind, juice and sugar for several minutes, then strain. Cook again for approximately two minutes and add well beaten egg yolks. Cook for five minutes, stirring constantly. Remove from fire and cool. Chill in Frigidaire and add whipped cream just before serving. This is a delicious ice cream sauce and can also be served on Angel Cake, very cold.

Neapolitan Hard Sauce (for Plum Pudding)

1½ Cups powdered sugar
⅓ Cup butter
1 Teaspoon vanilla

Cream butter and sugar, adding sugar very slowly, then add vanilla. Divide into three portions. Add small portion of red food coloring to one. Be careful not to add too much. Add one teaspoon cocoa to another portion. Mold into a square mold, first the chocolate, then strawberry or pink portion, then the white. Place in Frigidaire to chill. This can be kept for weeks in Frigidaire and used as needed.

This can be sliced down and used as a garnish with brandy sauce for plum pudding.

CHAPTER VIII

Preserved Fruits

PRESERVED fruits are always available and can be used successfully in making ice cream. Care should be taken in selecting a perfectly pure fruit and sugar product—one which does not contain glucose, or any adulterant whatever.

In using preserved fruits, single cream can be used. Care should be taken that the right portion of preserved fruit is used, for if the mixture is too sweet it will not freeze well.

Cherry Ice Cream

1/3 Cup cherry preserves (puree) 1 2/3 Cups single cream

Heat cherry preserves and run through puree. Cool, add cream slowly, then beat with rotary egg beater and pour into tray. When frozen to mushy consistency, remove from tray into ice cold bowl

Strawberry Ice Cream

and beat with rotary egg beater. Add 1/3 cup chopped maraschino cherries. Return again to tray and allow to finish freezing without further agitation.

Follow Method III for setting Cold Control. *See page 13.*

Strawberry Ice Cream

1/2 Cup strawberries (preserved—puree) 2 Cups single cream

Heat strawberry preserves before putting through puree, then add cream slowly. Beat with rotary egg beater. Chill in Frigidaire. Pour into tray and allow to freeze to a mushy consistency. Remove from tray into ice cold bowl and beat well with rotary egg beater. Return to tray and allow to finish freezing without further agitating.

Follow Method III for setting Cold Control. *See page 13.*

Pineapple-Mint Sherbet

1 Cup pineapple-mint
1/2 Cup water
2 Tablespoons lemon juice
1/2 Cup single cream
1 Egg white

Add water to pineapple-mint, then add lemon juice. Put through sieve. Add cream slowly to this mixture and beat with rotary egg beater. Place in Frigidaire to chill.

Use Method III for setting Cold Control and Method III for freezing. *See pages 13 and 14.*

This is better served along with a dinner, as an appetizer, rather than a dessert.

Chilled Fruits

Any dessert fruit is improved by chilling. Pour the can of fruit into the tray about one hour before serving time. Serve with or without whipped cream. If whipped cream is used, whip the cream and allow it to chill before serving. Apricots with whipped cream make a delicious dessert. Fruits combined, using the various wine flavors, chilled and served with lady-fingers and whipped cream, garnished with a cherry, can be made into a number of very attractive desserts.

CHAPTER IX

Mousses

MOUSSES, unlike ice creams, need no agitating during the freezing process. When properly manipulated before pouring into the freezing tray, they will maintain that light consistency which makes them an attractive addition to the Frigidaire dessert group.

Plain mousse makes a delightful addition to any Frigidaire cake and fruit combination. Fresh fruit or canned dessert fruit can be served with plain mousse in many attractive ways.

Mousse is a rich dessert and small portions should be served.

Plain Mousse

1 Cup XX cream
1/4 Cup powdered sugar
1/2 Teaspoon vanilla
1 Egg white

Whip cream, add powdered sugar, vanilla and fold in stiffly beaten egg white. Pour into tray and allow to freeze without agitating. Use Method I for setting Cold Control. *See page 13.*

This can be served with chilled crushed fruit. This is also used for decorating Frigidaire Strawberry Shortcake or various ice box cakes.

Banana Mousse

2 Cups XX cream
1/2 Cup confectioners sugar
1 1/2 Teaspoons vanilla
Pinch of salt
2 Egg whites
1 Cup bananas (sliced very thin)

Whip cream, add sugar and vanilla, fold in bananas which have been sliced very thin, and add stiffly beaten egg whites to which salt has been added. Pour into tray or individual cups. Allow to freeze

Biscuit Tortoni in Silver Cup

by Method I for setting Cold Control and Method I for freezing desserts. *See pages 13 and 14.*

This can be served with a small portion of whipped cream garnished with cherry or banana slices.

Biscuit Tortoni

1 Cup milk
3 Egg yolks
¾ Cup sugar
3 Egg whites
1½ Cups XX cream
⅛ Teaspoon salt
½ Cup macaroons
2 Teaspoons vanilla

Make custard of eggs, milk and sugar. Cool. In making the custard, heat sugar and milk, add well beaten egg yolks gradually, pour in top of boiler, and cook for five minutes, stirring constantly. Remove from fire, pour into mixing bowl and when partly cooled, fold in stiffly beaten egg whites to which salt has been added. Add ground macaroons with sherry wine or flavor desired. Fold in whipped cream and pour into tray or individual cups. Serve with or without whipped cream. Allow to freeze by Method I for setting Cold Control and Method I for freezing desserts. *See pages 13 and 14.*

This can be flavored with three tablespoons sherry wine flavoring, rum extract or vanilla.

Strawberry Mousse

1 Pint strawberries
1 Cup granulated sugar
2 Cups XX cream
2 Egg whites
2 Teaspoons lemon juice
Pinch of salt

Wash, stem and crush berries with granulated sugar. Pour into sauce pan and place on fire, bringing berries to boiling point. Remove from fire when partly cooked, run through sieve. Cool, then place in Frigidaire to chill. Whip cream and add lemon juice. Fold whipped cream into berry mixture and in like manner add stiffly-beaten egg whites to which salt has been added. Pour into tray or individual molds and allow to freeze by Method I for setting Cold Control and Method I for freezing desserts. *See pages 13 and 14.*

This is very attractive frozen in silver cups, decorated with whipped cream, and the whole allowed to freeze.

CHAPTER X

Sherbets and Ices

DELICIOUS sherbets and ices can be frozen in Frigidaire. A mixing bowl should be kept in Frigidaire in order to be properly cooled for the beating process. When fruit mixture is nearly frozen, whip cream and return to Frigidaire. Beat egg whites with pinch of salt and return to Frigidaire. Egg whites and cream are both added to sherbets after the beating process, so having them prepared and kept cold aids in keeping the mixture as cold as possible.

The beating process should be done as quickly as possible, for sherbet and ice mixtures melt very quickly when subjected to a warm temperature.

If mixture separates or settles, it should be given another beating in the ice cold bowl in an hour after first beating, or should be agitated several times at half-hour intervals until mixture has frozen enough to hold.

Raspberry Ice

1 Pint of fresh raspberries
⅔ Cup granulated sugar
½ Cup water
2 Tablespoons orange juice
2 Egg whites
Pinch of salt

Crush berries with sugar and heat. Then cook for 5 minutes. Remove from fire and add water slowly. Run through sieve fine enough to remove all seeds. Cool, add orange juice and pour into tray. Allow to freeze firm. Remove from tray into ice cold mixing bowl and whip until very light. Add stiffly-beaten egg whites to which salt has been added. Return to tray and allow to finish freezing without further agitating.

Follow Method III for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Pineapple Sherbet

Lime Ice

1/2 Cup lime juice
1 1/4 Cups water
2 Egg whites
Pinch of salt
Small quantity of food coloring

Cook sugar and water for ten minutes. Add to strained lime juice and cool. Add green pure food color (very small portion.) Chill, pour into tray and freeze firm.

Follow Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Mint Ice

1 Cup granulated sugar
1 1/2 Cups water
Mint flavoring
Green fruit coloring
Pinch of salt
2 Egg whites

Cook sugar and water to a syrup (ten minutes). Cool, add mint flavor until the desired flavor is produced. It can be rather strong as it loses part of its flavor in freezing. Add green food coloring to make a light green color. Pour into tray and allow to freeze firmly.

Follow Method I for setting Cold Control and Method II for freezing desserts. *See pages 13 and 14.*

Frozen Fruit Punch

½ Cup blackberry juice (unsweetened)
½ Cup raspberry juice (unsweetened)
½ Cup orange juice
½ Cup maraschino cherries
¾ Cup granulated sugar
½ Cup water
Pinch of salt
2 Egg whites

Make a syrup of sugar and water. Add to strained fruit juices. Cool, pour into Frigidaire tray and allow to freeze firm. Remove to ice cold bowl and beat with rotary egg beater. Add stiffly-beaten egg whites to which salt has been added. Add cut maraschino cherries and pour into tray and allow to finish freezing without agitating.

Follow Method II for setting Cold Control. *See page 13.*

Orange Sherbet

1½ Cups orange juice
1 Tablespoon lemon juice
¾ Cup granulated sugar
2 Egg whites
¾ Cup of water
Rind of one orange
½ Cup single cream

Cook sugar and water for ten minutes. Grate rind. Add rind to syrup and cook for approximately five minutes. Remove from fire and strain. Cool, add lemon juice to orange juice. Add syrup to fruit juices. Pour into tray and allow to freeze firm.

Follow Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Lemon Sherbet

6 Tablespoons lemon juice
2 Tablespoons orange juice
1 Cup granulated sugar
¾ Cup of water
Pinch of salt
2 Egg whites
½ Cup single cream

Heat sugar and water to boiling and boil for ten minutes. Remove from fire and cool. Strain fruit juices and add lemon juice to orange juice. Place in Frigidaire to keep cool. When syrup is cool, add to fruit juices and pour into tray. Allow to freeze firm.

Follow Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Apricot Sherbet

1 Cup apricot juice
1 Cup apricot pulp
1/2 Cup water
1/4 Cup granulated sugar
1 1/2 Tablespoons lemon juice
1/2 Cup single cream
2 Egg whites
Pinch of salt

Cook apricot juice, water and sugar for ten minutes. Cool, run apricots through puree and add lemon juice. Add first mixture to second mixture and chill. Pour into tray and allow to freeze firm.

Follow Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

Pineapple Sherbet

1 Cup unsweetened pineapple (crushed)
1 1/2 Cups pineapple juice
3/4 Cup granulated sugar
1/3 Cup water
2 Tablespoons lemon juice
1 Cup single cream
2 Egg whites

Cook sugar, water and pineapple juice for 15 minutes. Remove from fire, add pineapple pulp and lemon juice. Cool, pour into tray and allow to freeze firm.

Follow Method I for setting Cold Control and Method III for freezing desserts. *See pages 13 and 14.*

CHAPTER XI

Parfaits

PARFAIT creams are very rich and are made by combining syrup with egg whites and whipped cream. Because of their richness, small portions should be served.

Parfaits need no agitating during the freezing process. They can be frozen in paper cups or any individual Frigidaire cups. Whipped cream may be added and frozen, or added just before serving.

A hasty parfait can easily be made in Frigidaire with just plain cream. Place fresh fruit or canned fruit, small portion, in parfait glass. Add small serving of plain cream, then add seasoned whipped cream and garnish with fruit.

Fresh fruits for garnishing add not only to the delicacy, but much to the attractiveness. All fruits, fresh or canned, should be chilled in Frigidaire before combining.

Emrelettes, Rubyettes and Oroettes are very attractive for garnishing parfaits. Their flavor and attractiveness makes them a desired addition. Since they are available in different colors, they offer possibilities for various color schemes for the party dessert.

Angel Parfait

1 Cup sugar
¼ Cup water
1 Pint double cream
2 Egg whites
2 Teaspoons vanilla

Boil water and sugar without stirring until it spins a thread. Remove from stove, add slowly to the stiffly beaten egg whites, and continue to beat until thick. Cool, add vanilla and a few grains of salt, and combine with the cream (which has been whipped). Turn into the Frigidaire tray and allow to freeze without stirring.

Follow Method I for setting Cold Control. *See page 13.*

Angel Parfait

This should be served with crushed fruit. When served in parfait glasses, add whipped cream and garnish with fruit or grapes.

Butterscotch Parfait

⅔ Cup brown sugar
2 Tablespoons butter
½ Cup water
4 Egg yolks
2 Teaspoons vanilla
1 Pint cream
Pinch of salt

Put sugar in sauce pan and add butter, stir until melted and boil one minute. Add water and stir, cook until butterscotch is melted. Beat egg yolks until very light and add syrup mixture gradually. Beat and cook in double boiler until very light and fluffy. Chill, then add whipped cream, salt and vanilla. Pour into tray or individual cups and allow to freeze without agitating.

Use Method I for setting Cold Control. *See page 13.*

Nuts add nicely to this parfait.

Italian Parfait

½ Cup sugar
⅓ Cup water
2 Egg whites
Pinch of salt
1 Cup XX cream
1 Teaspoon vanilla

Boil sugar and water until it spins a thread when tried in cold

water. Beat egg whites to which salt has been added and add syrup slowly, beating constantly. Stir occasionally as it cools. When almost cold, add flavoring. Fold in whipped cream and pour into tray. Allow to freeze without agitating.

One-fourth cup of fruit puree with lemon juice makes a good combination.

Use Method I for setting Cold Control. *See page 13.*

Use small portions for serving as this is a very rich dessert.

Maple Parfait

¾ Cup maple syrup
3 Eggs
1½ Cups cream
1 Teaspoon vanilla
Speck of salt

Beat egg yolks light while heating syrup in double boiler. Pour syrup into egg yolks and return to double boiler. Beat until mixture is thick and light, then remove and pour into stiffly beaten egg whites. Let this cool, then chill thoroughly. Beat cream stiff, then add salt and vanilla. Blend cream and custard evenly and pour into refrigerator tray to freeze.

A small portion of whipped cream and nuts for garnishing gives a delightful finishing touch.

Follow Method I for setting Cold Control and Method I for freezing desserts. *See pages 13 and 14.*

CHAPTER XII

Cocktails

CHILLED cocktails are always a tempting appetizer. For the regular evening meal or for formal dinner parties the cocktail is a welcome dish. Cocktail sauce may be kept in a closed container in Frigidaire indefinitely. Be sure that all cocktails are thoroughly chilled before serving.

Cocktail Sauce

¾ Cup catsup
2 Teaspoons Worcestershire sauce
2 Teaspoons tarragon vinegar
Pinch of cayenne

Mix all ingredients and place in Frigidaire to chill.

Crab Flake Cocktail

Remove bony sections from one can of crab meat. Fill glasses with meat flakes and cover with cocktail sauce. Chill in Frigidaire before serving or serve in cocktail glasses placed in cracked ice.

Fruit Cocktail

One medium sized can of cocktail fruit and one orange. Free sections of orange from membrane and cut section in two. Dice fruit and combine orange with diced fruit. Chill. Serve in cocktail glasses with two tablespoons of sherry wine flavor.

Grapefruit Cocktail

1 Large grapefruit
Pinch of salt
4 Tablespoons sherry wine flavor
Maraschino cherry
2 Teaspoons sugar

Free sections of grapefruit from membrane. Cut sections once and add salt. Place in Frigidaire to chill. Fill glasses with grapefruit, add sugar, then sherry wine flavor. Garnish with maraschino cherry.

Crab Flake Cocktail

Oyster Cocktail

Fill cocktail glasses with oysters and add sauce. Use regular cocktail sauce as suggested above, with the addition of two teaspoons of horseradish. Serve very cold, either chilled or in cracked ice.

Raisin Cocktail

Pour some sherry wine flavor over seedless raisins and let stand in Frigidaire for one hour. Make a sauce of one cup tomato ketchup, season with dash of tobasco sauce, celery seed and the juice of two lemons. Add a few chopped almonds. Fill glasses and chill.

CHAPTER XIII

Salads For All Occasions

THE term "salads," formerly implied those green leaves which could be eaten raw with a simple dressing. New salads have become more varied in food combinations, more frequently a part of the meal, and in fact have advanced to that degree of popularity that many times lunches and suppers are planned around them.

Any of the combinations which are prepared should always be served on or accompanied by the green leaves or stalks which are known as the salad greens.

There are three varieties of salads:

1. The substantial salad which forms the main dish of lunch, supper or the party. These salads are usually combinations of a protein food with vegetable, such as chicken, fish, cheese or egg salad, mixed with a mayonnaise or cooked dressing.

2. The salad which is served as a course along with a three or four-course dinner. These are usually simple salads consisting of the succulent vegetables and served with a simple dressing.

3. The sweet salad which is served as dessert, or as part of the refreshments at a party. These are often fruit salad combinations or molded salads.

Frequently one can transform left-over foods by skillful combining into very inviting salads of any type. There are several requirements to which all of these salads must conform if they are to please the fastidious.

1. The uncooked salad greens must always be cold, crisp and dry.

2. The cooked food must be lightly tossed in the combining to prevent an uninviting "breading up" of food.

3. Use a dressing well seasoned, and suitable for the salad and occasion. Do not use a rich salad dressing for a salad to be served at a hearty dinner.

4. Taste all salads before serving to be certain that they are well seasoned. Many people object to salads because they have tasted so many poorly seasoned ones.

5. Garnish the salad attractively, but do not be too extravagant with an eye to both color and flavor combinations. This is an art in itself.

The first group of salads are those which form the main dish at supper, lunch or party.

Whole Meal Salads

All of these salads served in combination with muffins, biscuits, bread or waffles, a beverage and a dessert will provide a satisfactory lunch or supper. In cold weather a hot beverage will be desirable.

Tuna Fish Salad

1 Cup tuna fish
1 Cup cooked rice
2 Medium tomatoes diced
¾ Cup of mayonnaise (creamed)
1 Tablespoon minced onion

Break meat apart, add rice and the minced onion, dice tomatoes, then add mayonnaise and mix well together with fork. Serve this on lettuce garnished with stuffed olives (cut in halves).

Lamb and Fruit Salad

2 Cups cold waste lamb, cubed
4 Oranges (sliced sections)
¾ Cup French dressing
Cream mayonnaise (cooked)

Toss together lightly the lamb cubes, section of oranges cut in halves or thirds, depending upon size, and mix with French dressing. Serve on bed of lettuce or water cress with mayonnaise, orange sections and green pepper rings.

Sweetbread and Cucumber Salad

2 Cups diced sweetbreads
1 Cup diced cucumber
⅔ Cup mayonnaise
⅓ Cup whipped cream
1 Tablespoon lemon juice

Wash sweetbreads quickly in cold water, then place in sauce pan with a slice of onion, slice of lemon, piece of bay leaf, and one-half

teaspoon salt. Cover with boiling water and let simmer fifteen minutes. Drain, cover with cold water and drain again. When cool, remove skin and connective tissue and cut in uniform pieces. Chill thoroughly in Frigidaire while preparing cucumber. Remove thick paring, cut in thick slices, remove seedy center and cut into small dice. Blend sweetbreads with cucumber, lemon juice and cream mayonnaise softened with whipped cream. Serve in lettuce nests or tomato shells, sprinkled with paprika or minced parsley.

Anchovy Salad

Place sliced lettuce in salad dish. Place fillets of anchovies crosswise over the lettuce and garnish all around with chopped eggs, beets, and parsley. Serve with French dressing. All ingredients should be properly chilled in Frigidaire before combining into the salad.

Chicken Salad

1 Cup chicken meat (diced)
1/4 Cup stuffed olives (chopped)
1/2 Cup celery (chopped)
1/3 Cup lettuce broken in small parts
1/2 Cup cooked cream mayonnaise
1/2 Teaspoon salt

Place meats, olives and celery in mixing bowl, add mayonnaise and mix well with a fork. Serve on lettuce leaf, garnish with slices of hard boiled eggs, and add a dash of paprika.

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THE salads of the second type are those which are served as a course along with a three or four-course dinner. These are simple salads, combined with a simple salad dressing and valuable for mineral and vitamin content. The same requirements hold as for the other salads and it is especially important for their palatability that the salad be crisp, cold and dry.

Solid heads of Boston or Simpson lettuce, cut in quarters, sixths or eighths, depending upon the size, are excellent salads of this type served with a variety of dressings.

Endive Salad

Curley endive
French dressing

Place serving of endive on individual plate and serve with French dressing.

Chicken Salad

Tomato Surprise Salad

6 Tomatoes—medium sized
½ Cup diced cucumber
½ Cup sliced celery
¼ Cup chopped nuts
⅓ Cup mayonnaise
¾ Cup diced cooked chicken

Scald tomatoes, removing skin, and remove pulp with a spoon. Remove seeds from pulp. Chill all the ingredients and just before serving toss all lightly together, refilling tomato shells, serve on lettuce leaves, garnishing each tomato top with mayonnaise and chopped nutmeat.

Tomato Jelly Salad

3 Cups stewed tomatoes
1 Onion sliced
1 Stalk celery
1 Bay leaf
1 Clove
1 Teaspoon sugar
Salt
1 Envelope gelatine
½ Cup cold water
Lettuce—mayonnaise

Cook tomatoes with seasonings. Soak gelatine in cold water and add to hot tomatoes. Strain and mold in cups about the size of a tomato. Serve on plates in lettuce cups, slipping the contents of each cup on to the lettuce. Serve with tablespoon of mayonnaise on top of each mold, with sprinkling of paprika.

Water Cress Salad

Water cress French dressing

Place water cress on individual plates and serve with French dressing.

Make sure that salad greens are fresh and crisp, and properly chilled in Frigidaire before serving.

Cheese and Pepper Salad

Cut off the stem and remove the seeds from a sweet red or green pepper. Stuff with white cream cheese. Make a whole in the center of cheese and fill this with stuffed olives. Chill in Frigidaire until firm enough to slice. Place one slice on head lettuce or on slice of pineapple. Serve with French or mayonnaise dressing.

California Nippy Cheese

1 Nippy cheese
1/3 Cup chopped ripe olives
1/2 Cup thick sour cream

Mash the cheese well with a fork and work the cream smoothly into it. The cream should be freshly soured, or a scant measure of sweet cream may be used. Add the chopped olives and blend well. Rub a bit of garlic over the bottom of the smallest paper cases and fill with cheese. Freeze in tray about an hour and serve on lace paper doilies placed over glass plates.

Fruit and Vegetable Salad

1/2 Cup celery (cut fine)
1/2 Cup raw carrots (grated)
1 Cup shredded pineapple
1 Package lemon jello
1 1/2 Cups boiling water

Drain the pineapple and place in Frigidaire to keep cool. Clean celery and chop fine. Grate carrots and mix all ingredients. Add boiling water to jello and stir until all jello is dissolved. When properly cooled add ingredients and place in individual molds. Place in Frigidaire to chill or until mixture has jellied. Serve individual molds on lettuce with creamed mayonnaise. This can be made more attractive by using pastry bag or ornamenting syringe.

Much time can be saved by pouring the mixture into a freezing

tray and allowed to chill until it is completely set (not frozen), then block out in squares and serve on lettuce leaf.

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THE third class of salads are the sweet salads, which are often served as desserts. They provide an excellent salad for an evening or afternoon, bridge or card party. Many times they are molded and frequently they are served with sweetened dressings. The fruit for salads must be chilled thoroughly and handled as little as possible to prevent mushiness. For fruit salads, any dressing without onions may be used, and the sweet fruit juice dressings are usually used for dessert.

Pineapple Salad

Place pineapple slice on lettuce leaf. Spread pineapple with Philadelphia cream cheese, then add chopped nut meats. Add cream mayonnaise to which whipped cream has been added. Sprinkle lightly with paprika and place a cherry in the center for garnishing.

All ingredients for this salad should be properly chilled in Frigidaire before making.

Frozen Fruit Salad No. 1

1 Orange
1 Banana
¾ Cup white grapes or Royal Anne cherries
2 Slices pineapple
1 Cup fruit salad dressing No. 1
1 Cup XX cream
12 Maraschino cherries

Free orange from all skin and rind. Cut pineapple fine and halve the cherries. Seed and peel grapes. Place fruit in Frigidaire to chill. Whip cream and combine salad dressing with cream. Combine fruits and add banana, sliced very thin. Add fruits to cream and salad dressing. Pour into tray and allow to freeze. Set the Cold Control in fourth or fifth position. When frozen cut in cubes. Serve on lettuce leaf or serve directly on the salad plate, covered with paper doily.

Frozen Fruit Salad No. 2

One medium sized can of fruit salad. Cut very fine, add two-thirds

cup of either honey dressing or fruit dressing with two-thirds cup XX cream.

Add fruit dressing to fruit mixture, then fold in whipped cream. Pour into Frigidaire tray and allow to freeze. Set Cold Control in fourth or fifth position for freezing. Block out and serve either on lettuce leaf or on plate covered with doily. This needs no garnishing.

Many variations of this salad can be made by using different fruit combinations. Either of the fruit salad dressings can be used.

SALAD DRESSINGS

Fruit Salad Dressing No. 1

2 Egg yolks
2 Tablespoons sugar
Juice of 2 lemons
1 Tablespoon flour
½ Cup strained honey or maple syrup
½ Cup whipped cream

Mix honey, flour, sugar and cook in double boiler for 10 minutes. Add lemon juice and beaten egg yolks slowly and cook for 5 minutes stirring constantly. Remove from fire and cool. This can be kept in Frigidaire in glass jar indefinitely. Add whipped cream to salad dressing before serving.

Fruit Salad Dressing No. 2

1 Cup pineapple juice
Juice of 1 lemon
Juice of 1 orange
¼ Teaspoon salt
¼ Cup sugar
1 Tablespoon cornstarch
2 Beaten eggs
1 Cup whipped cream

Mix sugar, cornstarch and salt. Mix fruit juices. Add fruit juices to dry mixture and cook in top of double boiler for twenty minutes. Remove from fire and add well beaten egg yolks. Cook again for five minutes, stirring constantly. Remove from fire, add to stiffly beaten egg whites, then cool. This can be kept in a jar in Frigidaire for future use. Before serving add the whipped cream.

Cream Mayonnaise Dressing (Cooked)

3 Egg yolks
2 Tablespoons flour
2 Tablespoons butter
1 Teaspoon mustard
½ Cup vinegar
1 Teaspoon salt
1 Tablespoon sugar
Paprika

Mix dry ingredients, then add vinegar and cook in top of double

Frozen Fruit Salad

boiler until very stiff, then add beaten egg yolks and cook again for several minutes. Remove from heat, add butter and cool. A glass jar is a suitable container for keeping this dressing. This will keep indefinitely in Frigidaire. Mix with whipped cream or plain cream, sweet or sour, when ready to serve the dressing.

Mayonnaise Oil Dressing

Yolks of 4 eggs
1 Quart of olive oil
2 Tablespoons lemon juice
2 Tablespoons vinegar
2 Teaspoons mustard
2 Teaspoons salt
Pinch of red pepper

Put the cold yolks of eggs into a very cold bowl, add half the mustard and stir until the yolks are well broken. Now add the oil very slowly until it gets like butter, then add half the salt, which will thicken it up. Then thin the mixture with a little vinegar, gradually beat in the oil until the mixture thickens again. Now work in the mustard, salt and pepper and the balance of the oil and liquids until all are used up. Should the mayonnaise curdle, it can be restored by putting four large tablespoons of plain melted butter which must be cool, into a round bottom bowl and gradually working in the curdled mayonnaise. It will then return to its proper consistency.

CHAPTER XIV

Beverages

A BEVERAGE is not only something to relieve the thirst, but a means of administering food in a liquid form. It can contain stimulating properties, help to arouse the appetite and when made with milk, eggs, chocolate, cocoa or other highly nutritive materials takes a prominent place in the diet.

Beverages made from fruit juice, chilled in Frigidaire, are most refreshing, and can be kept conveniently for the convalescent.

Serve beverages daintily in glasses or sherbet cups (three-fourths filled) on small tray or plate covered with doily. A few wafer crackers or a single flower is an added attraction.

In combining fruit juices and cold water, "sugar syrup" for sweetening in place of sugar, is more quickly soluble.

Due to the varying acid content of fruits it is necessary to sweeten

Fruit Punch

to taste rather than to follow closely the sugar portion suggested in the following recipes.

In preparing acid beverages for the diabetic, the sugar must be replaced by other sweetening substances.

If saccharine is used, dissolve one-half grain saccharine in one teaspoon water or one saccharine tablet in two tablespoons of water. Saccharine is many times sweeter than sugar, but has no food value. This substitute can be prepared and kept in Frigidaire, used as needed in preparing the beverages for the diabetic.

Chocolate and cocoa are high in food value. Due to its high percentage of fat, chocolate is likely to cause indigestion when used in excess or when taken in addition to a heavy meal. Cocoa is free from this objection, being less rich in fat content. Cocoa often makes milk acceptable when it would otherwise be refused.

For certain convalescents and for the child who so frequently refuses his daily portion of milk, a small portion of chocolate syrup added to the properly chilled milk will give a different flavor and make it more palatable.

Make syrup by boiling one square of chocolate or six tablespoons of cocoa and four tablespoons of confectioners sugar and one-half cup of water until it thickens.

Chocolate Egg-Nog

1 Egg
Pinch of salt
1 Cup milk
1 Tablespoon brandy
Chocolate syrup

Beat egg with salt either in a mixing bowl with egg beater or in a milk shaker. Add milk and stimulant with chocolate syrup to taste. Mix all together thoroughly and serve immediately. Make sure all ingredients have been properly chilled in Frigidaire before mixing. Serving with a small portion of whipped cream adds to the attractiveness. This recipe is particularly good for invalids.

Sugar Syrup

For sweetening acid beverages use one-half cup of sugar to one-half

cup boiling water. Mix until sugar is dissolved. Boil slowly for fifteen minutes and cool. This syrup can be made and bottled, kept in Frigidaire for sweetening acid beverages as needed. When using sugar syrup in place of sugar, add syrup in quantities to sweeten to taste.

Fruitade

1/2 Cup shredded pineapple
1 Orange
2 Cups boiling water
1/4 Cup sugar
1 Lemon

Add lemon and orange juice to shredded pineapple. Add boiling water to sugar and when sugar is dissolved add to fruit juice. Let cool, then strain and place in Frigidaire to chill. Serve with ice cubes frozen with maraschino cherry.

Egg-Nog

1 Egg
Speck of salt
3/4 Tablespoons sugar
3/4 Cup milk
1 1/2 Tablespoons wine or
1 Tablespoon brandy

Make sure eggs and milk have been properly chilled in Frigidaire. Mix egg, sugar and salt either in a mixing bowl with egg beater or in a lemonade shaker. Add milk and stimulant and when properly blended serve immediately.

Egg white can be beaten separately and folded into the mixture after milk and stimulant are added. Beat the egg white until foamy (not stiff) and fold in lightly.

Stimulant can be omitted and a grating of nutmeg can be substituted. This recipe is very good for invalids.

Grape Punch

1 Pint grape juice
1 Quart water
Juice of 2 Lemons
Juice of 1 Orange
1 Cup sugar

Heat water and sugar until all sugar is dissolved. Cool. Add to fruit juice and place in Frigidaire to chill. Serve with ice cubes, frozen with lemon slices.

(a) One-third glass grape juice and two-thirds gingerale makes another refreshing beverage.

Fruit Punch

2 Tablespoons tea
2 Quarts boiling water
1 Pound granulated sugar
6 Lemons
4 Oranges
1 Fresh pineapple
1 Pint strawberries

Grate the rind of two lemons and cook with water for five minutes, pour over tea and let stand for five minutes, then strain. Cool. Cut two oranges into slices. Extract juice from other two. Cut pineapple in small pieces, wash, stem and crush strawberries. Mix all fruits and add lemon juice and orange juice.

When tea is cool, add to fruit mixture and place in Frigidaire to chill. Pour into punch bowl with ice cubes decorated with maraschino cherries or Rubyettes. Serve in punch glasses.

If fresh fruit is not available, canned fruit can be substituted.

Ice Cubes Garnished with Cherries

CHAPTER XV

Ice Cubes

ICE CUBES not only cool beverages, but they add refreshing attractiveness. Ice cubes are frozen rapidly in Frigidaire. But in cases of emergency when there is an unusual demand for ice they may be frozen with greater rapidity by turning the Cold Control to the 5th or 6th position. If more time is allowed, however, they will freeze more attractively, especially when a garnish is added.

Colored Ice Cubes

Any pure food coloring can be used in coloring Frigidaire ice cubes. The coloring should be added to the water before it is poured into the tray. Care should be taken in adding the coloring, for a delicate color is the more attractive.

Garnished Ice Cubes

Oroettes, Emrelettes and Rubyettes, suggested before for garnishing parfaits and salads, are also very appropriate for garnishing ice cubes. They can be frozen in plain cubes or with their respective colors. Two or three can be added to each cube. Lemon juice and lemon slices make a very desirable addition and can be used in lemonade or any of the fruit beverages.

When fruits are to be frozen in the cubes the tray should be about one-third filled with water, then partly frozen before the fruit is added. Add the cherries or whatever is being used, then finish filling the tray with water (about three-fourths full), and allow to finish freezing.

Decorating Ice Cubes

Mint leaves, water cress and candied fruit are very nice for decorating ice cubes and can be arranged very attractively. Place the decoration

on the ice cubes and add just enough water to hold them in place. There is much room here for originality.

Removing the Ice Cubes

Turn tray of ice cubes upside down under cold water faucet. Let water run on the tray until block is free from tray, then remove the cubes from the sections.

CHAPTER XVI

Left-Overs

THE subject of "left-overs" is a hackneyed one, and because of this, few of us tackle the combining of odds and ends of food with the same zest with which we approach the preparation of food fresh from the grocer's or butcher's. This idea has permeated the minds of the family so that often they do not greet these warmed-over or made-over dishes with great enthusiasm.

Considering the food in our Frigidaire as offering possibilities of labor-saving and time-saving dishes, they can be made as inviting and appetizing as when they made their first appearance. They also afford important food value for which we have paid, and have spent time, energy and fuel in preparing. The left-overs usually include foods rich in proteins, such as meats, fish or chicken, starch foods such as macaroni and cereals, cellulose foods such as vegetables and fruits, and vitamin foods such as green vegetables, fruits and fresh vegetables of all kinds. These contain food properties too valuable to be discarded.

First of all consider left-over cereals. These might include oatmeal, cream of wheat, wheatena, corn meal, macaroni and other cereals left over from breakfast. Well-cooked cereals are among the important foods of childhood and supply desirable food for grown-ups. If well cooked, they are very palatable. There are many ways this left-over breakfast food may be utilized and completely transformed.

The following recipes suggest methods of taking care of those foods which have been cooked and are left over. They should be kept in closed containers and placed in Frigidaire until they can be used on the menu.

Molded Cereal With Fruit

Pour hot into individual or large mold rinsed with cold water.

When cool place in Frigidaire until used. Turn out on serving plates and serve with stewed figs, stewed dates, sliced fresh or canned peaches or canned berries. This makes a good luncheon dessert for children.

Fried Mush

Mold cereal while hot, packing into a long narrow pan, or discarded baking powder tins. This can be kept indefinitely in Frigidaire. Remove and slice one-half inch thick, dipping slices into flour or cornmeal. Fry in a little butter in frying pan and serve with maple syrup. This is a good lunch or supper dish.

Baked Mush Cakes With Cheese

Form left-over mush into cakes. Place in baking pan with grated cheese over each cake. Bake in a slow oven until cheese is crisp. Serve with a cheese sauce.

Cheese Sauce

1 Pint milk
4 Tablespoons butter
4 Tablespoons flour
1 Teaspoon salt
Paprika
1/8 to 1 Cup cheese, grated or cut into pieces
1/4 Teaspoon mustard

Melt the butter and add all dry ingredients, stirring constantly. When foamy, add milk, stirring until it boils. Lastly add cheese and stir for a moment until cheese is melted. Serve with mush cakes.

Macaroni With Ham

1/4 Cup bread crumbs
1 Cup hot milk
3 Tablespoons melted butter
1 Cup chopped cooked ham
A little onion juice
1 Tablespoon mixed green pepper
2 Eggs beaten
Salt
2 Cups cooked macaroni
1 1/2 Cups hot tomato sauce

Mix crumbs and hot milk. Add all of the remaining ingredients except the tomato sauce. Place in baking dish and bake in moderate oven for three-quarters of an hour. Serve with tomato sauce.

Macaroni with Ham

Creamed Macaroni With Eggs

¾ Cup cold boiled marcaroni
2 Cups medium white sauce
½ Cup hard cooked eggs

Make medium white sauce in the usual way, and heat for five minutes the macaroni and eggs in sauce.

FOOD RICH IN PROTEIN

The meat which still remains on the bone of what was once that delicious baked ham or roast leg of lamb is always a problem. It looks too unappetizing to serve on the table, and can no longer be sliced. What to do with the meat left on the soup bone is also at times a perplexing problem and it must be eaten because the meat broth or soup does not contain as much nutriment as does the meat. Where fish is used as a favored family food, there is need that one be ingenious in combining those broken pieces of fish in palatable and inviting dishes. Protein is one of our most expensive foods and is necessary for body building and repairing, so that every bit should be used. Below are some recipes for the uses of some of these protein foods.

Scalloped Meat

(Soup meat or left over beef or lamb may be used)

2 Cups chopped meat
2 Tablespoons butter
3 Tablespoons flour
1¼ Teaspoons salt
1 Teaspoon diced onion
1 Teaspoon chopped parsley
1½ Cups milk, stock or water
2 Cups buttered crumbs
Pepper

Make a brown sauce of the butter, salt, pepper, flour, onion, parsley and liquid by browning butter before adding remaining ingredients. Mix with the meat. Butter the crumbs, by mixing with two tablespoons melted butter, one-fourth teaspoon salt and a little pepper, and place about one-third in the bottom of a greased baking dish. Add the meat mixture, and cover the top with the remainder of the crumbs. Bake in the oven until the mixture is hot and the crumbs browned.

Scalloped Fish

Use same recipe as for scalloped meat, substituting fish for meat.

Cottage Pie

Prepare ingredients as for scalloped meat with the exception of the bread crumbs. Substitute mashed potatoes for bread crumbs, placing all on top, or in alternate layers with potato on top.

Ham Croquettes

2 Cups mashed potatoes
3 Egg yolks
Cayenne
1 Cup cooked chopped ham
Egg and crumbs

Mix mashed, seasoned potatoes, yolks of two eggs and cayenne and beat until smooth, then cool. Chop the ham and mix with the third egg yolk, heat and cool. Make a small ball of ham and enclose it in a larger one of potato. Dip in flour, beaten egg, roll in crumbs and bake in oven. This is delicious served with egg sauce.

SOUPS

Soup stock is the basis of all meat soups. Raw meat and bone alone may be used, but left-overs of various kinds of meat, bones and trim-

mings of steaks, roasts, etc., may also be used. Not more than one-third of the meat used should be left over, as a good soup cannot be made from a small amount of poor material. In order to give color to the stock, brown part of the meat in a hot frying pan. Allow water in proportion of one pint to each pound of meat; to season, add salt, pepper, and any of the following or all: bay leaf, parsley, onion, carrot, turnip and celery (the vegetables in proportion of a heaping tablespoon to each pound of meat). Strain the stock and set aside until the fat solidifies on the surface, then remove fat.

Brown Soup Stocks

6 Pounds of shin of beef
3 Quarts of cold water
12 Pepper corns
Parsley
1 Bay leaf
Carrots (1/2 cup diced)
Turnips (1/2 cup diced)
Onions (1/2 cup diced)
Celery (1/2 cup diced)
6 Cloves
1 Tablespoon salt

Wash beef and cut in cubes. Brown one-third of the meat in a hot frying pan. Put other two-thirds with the bone into a soup kettle, add water and let stand for thirty minutes.

Place over slow fire, add brown meat and heat gradually to boiling point. Remove scum as it rises. Cover and cook slowly for five or six hours. Add vegetables and seasonings about thirty minutes before the end of the time. Strain and cool. When cold, lift off layer of fat and clarify, if desired.

White Soup Stock

3 Pounds knuckle of veal
1 Tablespoon salt
4 Pepper corns
1 Small onion
2 or 3 Small stalks of celery
2 Quarts of cold water

Wash meat and cut into cubes. Put meat in cold water and heat very slowly to boiling point. Cook four or five hours. Add seasoning about thirty minutes before end of the time. Strain and cool and lift off layer of fat, then clarify the stock if desired.

Clearing the Soup Stock

To one quart of soup stock, add the slightly beaten white of one egg.

Heat with constant stirring until the boiling point is reached and cook until the stock appears clear. Strain through double cheese cloth.

Thickening or Binding of Soup Stock

Melt fat and add flour as for cream sauce and add stocks in desired proportion.

This soup stock can be made and kept in sealed jars in Frigidaire for an indefinite time. This is an excellent way of using left-overs, vegetables as well as meats.

Jellied Soup

1 Quart of clear soup stock
2 Tablespoons gelatine
⅓ Cup cold water

Soften gelatine in the cold water, add to the boiling hot soup. Chill in Frigidaire and serve in cups.

Clear tomato soup can be used in place of part of the soup stock, or vegetable juices may also be used.

FOOD RICH IN SUGAR AND ASH

Often the refrigerator contains odds and ends of stewed fruits, such as prunes, apricots, figs and peaches. These are a find, for there are many inviting ways these may be used. Also, these dried fruits contain an abundance of sugar and ash, being especially rich in irons. They lend themselves to salad and dessert combinations.

Mixed Fruit Compote

Dried apricots
(What you have left over, about ½ pound)
1 Pint liquid
1 Cup raisins
Little salt
Juice of one lemon
Grated rind and juice of one orange
⅔ Cup sugar

Add raisins to enough water to make with apricot juice about one pint, add fruit juices and rind and cook until raisins are tender. Add sugar and salt and stir until dissolved, then add apricots. (If apricots are sweetened, reduce sugar.)

Fig Bread Pudding

Fig Bread Pudding

2 Cups dry bread crumbs
1 Quart hot milk
¾ Cup sugar
1 Cup chopped figs
¼ Cup melted butter
3 Eggs, beaten
Salt
½ Cup chopped nuts

Add bread crumbs to hot milk and set aside to cool, then add all other ingredients and pour into greased baking dish. Place in pan of hot water in moderate oven and bake for one hour or steam for two hours. Serve with plain or whipped cream or pudding sauce.

Prune Pudding

1 Cup cooked prunes, seeded and chopped
½ Cup sugar
½ Cup chopped nuts
½ Cup prune juice
1 Teaspoon vanilla
2 Tablespoons butter
½ Cup dried bread crumbs
1 Teaspoon baking powder
Salt

Mix all the ingredients and pour into a greased baking dish. Place in a pan of hot water, and bake in a moderate oven twenty minutes,

or until the mixture is firm. Serve either hot or cold with whipped cream.

Prune Salad

Allow five or six prunes to a person—drain, remove stones and stuff with seasoned cottage cheese, cream cheese and serve on lettuce leaves with mayonnaise.

FOODS RICH IN CELLULOSE AND ASH

Now we come to the most frequent left-overs, bits of vegetables. These have required time in preparation as well as cooking, and are valuable for the cellulose or woody fibre, and ash. These, perhaps, require more ingenuity in combining than any other class of food.

Creamed or Scalloped Vegetables

Left-over vegetables that are cooked may be creamed or scalloped, either separately or in combination. Add one measure of white sauce to two or three measures of vegetables. For creamed vegetables, heat in white sauce in double boiler until thoroughly hot.

For scalloped vegetables, pour creamed vegetables in greased baking dish and cover with buttered crumbs. Heat in oven until crumbs are browned.

Vegetable Salads

The two usual methods of serving cooked vegetable salads are:

1. Mixing the vegetables by tossing lightly with a fork and marinating with a French dressing or mayonnaise.

2. For a very attractive salad use a large platter or plate, decorating it with the salad green such as lettuce, or cress, then arranging the vegetables separately on the plate. This is very inviting and enables each person to help himself to the vegetables he prefers.

Baked Bean Salad

(An excellent way of using left over beans)

2 Cups baked beans
1 Cup chopped cabbage
½ Teaspoon onion juice
2 Tablespoons pimento
2 Tablespoons chopped sour pickles
Mayonnaise

Toss ingredients lightly together to mix and serve on lettuce leaves.

CHAPTER XVII

Pastry

PASTRY should not be handled more than necessary. Properly chilling in Frigidaire before placing in the oven will improve the flakiness and tenderness. Puff pastry cannot be made successfully without proper chilling. The temperature maintained in Frigidaire will hasten the process of making. Patties can be made and kept in Frigidaire and baked as needed.

Cookie dough can be mixed and rolled and kept in Frigidaire. This can be sliced down and baked as needed without the addition of more flour.

Plain pastry or pie crust dough can be prepared and kept covered in Frigidaire for an indefinite time. This is not only a convenience, but chilling before using will add to the tenderness of the crust, especially if it is being prepared in a warm room.

FRENCH PASTRY

Puff-Paste

Wash and work one-half pound of butter in cold water until pliable and smooth. Mold into three-eighths thickness and place in Frigidaire.

Work one-half pound of cake flour and one-fourth cup very cold water into a dough and knead until elastic. Cover and place in Frigidaire for about three-quarters of an hour.

Roll out on floured board to one-half inch thickness and place butter in center. Fold edges of paste over butter and roll out about one-quarter inch thick, taking care butter does not run out side of dough. Brush off the flour and fold in three. Roll out again to same thickness. Put in Frigidaire to chill for three-quarters of an hour. Roll out as before and place again in Frigidaire to chill. Roll and

Frigidaire Strawberry Shortcake

fold again. The paste will then have six turns. Chill again before cutting.

Pattie cases must be cut in shape, brushed with cold water and placed in Frigidaire to chill properly before placing in the oven to bake. This portion will make six patties. As soon as the cases have raised to proper height bake for twenty-five minutes.

These can be filled with creamed chicken, fish, oysters, sweetbreads, vegetables.

Puff-Paste Roses

Roll out some puff-paste about one-eighth inch thick and cut out with a star cutter. Brush over with a little cold water, fold the points of the stars to the center. Bake, and when nearly done dust with powdered sugar, and return to oven to finish baking. The cake will puff up like a rose. Fill with jelly or fruit combination, served with whipped cream.

Yeast Dough

Yeast dough may be kept covered indefinitely in Frigidaire—the extreme change of temperature making the yeast very effective—

therefore, Frigidaire owners may have hot light rolls every day with less effort than preparation of any other hot bread, by making one lot of dough and using a portion of it each day for hot rolls. The average recipe making about five dozen rolls. Yeast waffles are delicious and the remaining batter can be kept for several days in Frigidaire and used when wanted.

Frigidaire Rolls

1 Cake compressed yeast
½ Cup sugar
2 Cups water (lukewarm)
3 Tablespoons shortening
1 Egg
7 Cups flour
1 Teaspoon salt

Crumble yeast into bowl, add sugar, salt and water. Add well beaten egg. Sift flour once before measuring. Add half of flour and beat well. Add melted shortening and mix in remainder flour. Let rise to double its bulk. Punch down. Cover tightly and place in Frigidaire about an hour before baking, remove desired amount of dough. Shape into small rolls, let rise to double their bulk slowly on greased pan. Bake in hot oven (425° F.) for twenty minutes.

Frigidaire Cookies

1½ Cups shortening
1 Cup brown sugar
⅓ Cup white sugar
3 Eggs
1 Teaspoon soda
1 Teaspoon salt
2 Teaspoons cinnamon
4 Cups flour

Cream shortening, add sugar and beat well, then add eggs one at a time and beat again. Sift dry ingredients and add to first mixture.

It is nice to divide this dough, adding melted chocolate and vanilla to one portion. Grated cocoanut to another portion. Nuts and raisins or chopped dates to another portion. These portions may be made into sausage-like rolls, wrapped in waxed paper and placed in Frigidaire over night or until wanted. Before baking slice very thin and bake in hot oven on baking sheet.

Part of the chocolate dough may be rolled to one-fourth inch thickness (square), a portion of the light dough rolled similarly and placed on the chocolate dough. The two doughs should then be wrapped in jelly-roll fashion, and wrapped in waxed paper and left

in Frigidaire a few hours before slicing. This will give a pin wheel effect.

Frigidaire Strawberry Shortcake

Wash, stem and crush a pint of berries with one-half cup of confectioners sugar. Cut sponge cake to fit tray about three-quarters of an inch thick. Spread berries over cake, then add a layer of plain mousse. This can be cut out in squares and served on plates. Garnish with a few fresh berries.

Set Cold Control in fourth or fifth position. It is better if the berries are not allowed to freeze.

Any fresh or canned fruit can be used in like manner, covering with mousse or parfait.

Any parfait desired can be frozen on sponge cake without the fruit, blocked out and served same as Frigidaire shortcake. When plain parfait is used a fruit garnish adds to its delicacy.

Sponge Cake

Four eggs, beating yolks and whites separately, then together. Beat in one and one-half cups sugar slowly. Sieve two cups of flour three times, adding two teaspoons of baking powder and pinch of salt to the last sieving. Add flour gradually to egg mixture, then last of all add one cup boiling water and one tablespoon lemon juice. Have cake pan ready and warm and place in the oven as soon as possible after the boiling water has been added.

CHAPTER XVIII

Manifold Uses of Frigidaire

THE Frigidaire freezing compartment brings a new joy in entertaining. The preparation of frozen dainties is one of the greatest delights in owning a Frigidaire. But in its primary purpose, the proper preservation of food, Frigidaire brings to the home a new high standard of convenience and economy.

The temperature that Frigidaire maintains is not only much colder than that maintained by ice, but it is a constant, unvarying cold. It is therefore possible to make greater use of Frigidaire in the preservation of perishable food.

Containers for Food

The absence of excessive moisture in Frigidaire is a distinct advantage in preserving perishable foods. But it is essential that foods be properly stored to realize the full benefits of this dry cold. Liquids and wet foods for instance, should be covered. The containers may be of metal, earthenware or glass. The most satisfactory containers however, are those of glass, for they have the advantage of transparency, which saves time often wasted in searching for certain articles in covered pans.

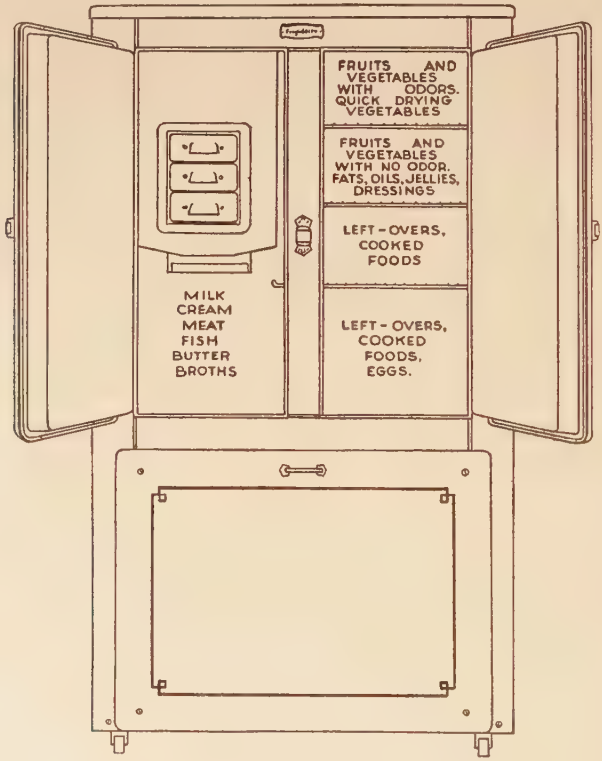
Keeping Doors Closed

Refrigerator doors should be kept closed except when necessary to put in or take out foods. Every time a door is opened warm air from the kitchen is drawn into the food compartment. And this warm air must be cooled by the Frigidaire compressor and coil. This is true not only of Frigidaire, but of any method of refrigeration. Do not leave the doors of your Frigidaire stand open any longer than necessary. By observing this practice, Frigidaire will afford even greater savings over former ice bills than previously estimated.

Placing Food in Frigidaire

Whether shelf space be large or small it is important that there be ample chance for circulation of air, which becomes hampered on crowded shelves. There must be space between articles as well as above and below them.

Perishable foods of all kinds are best preserved when placed on the proper shelf, for some foods require colder temperatures than others for correct preservation. In placing food in Frigidaire, keep these few simple rules in mind:


FRUITS AND VEGETABLES WITH ODORS. QUICK DRYING VEGETABLES
FRUITS AND VEGETABLES WITH NO ODOR. FATS, OILS, JELLIES, DRESSINGS
LEFT-OVERS, COOKED FOODS
LEFT-OVERS, COOKED FOODS, EGGS.
MILK CREAM MEAT FISH BUTTER BROTHS

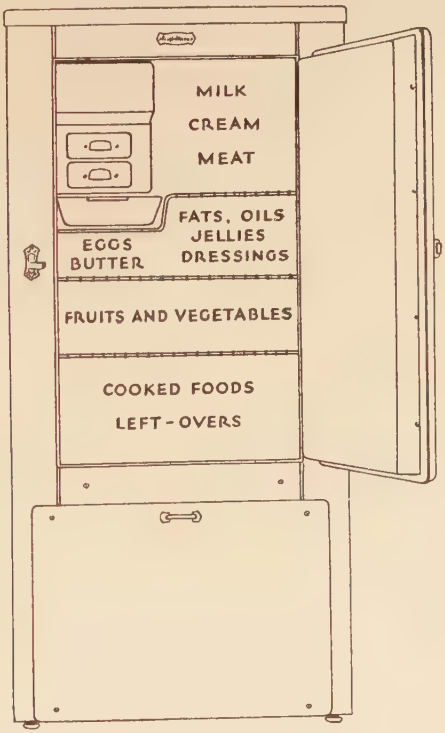
Proper arrangement of food applying to Frigidaire Models AP-7-1, D-7-1 and all two door cabinets.

1. Foods difficult to keep, such as milk and meat, should be placed under the cooling coil.

2. Foods that readily absorb odors, such as butter, should be placed under the cooling coil.

3. Foods that dry out easily, such as celery, lettuce and spinach, should be placed on the top shelves.

4. Foods that give off odors, such as cheese, melons and apples, should be placed on the top shelves.



Proper arrangement of food in all single door Frigidaire cabinets except Models AP-7-1 and D-7-1.

Iced Beverages

Ice cubes are frozen quickly and are always in readiness for instant use. An extra quantity may be prepared by running out one lot into a pan placed beneath the coil. Here they remain firm while more are being frozen. In cases where ice in the drinking water is objectionable, water may be quickly chilled in containers and ice cold water is always on hand.

Iced beverages of many kinds are quickly prepared when Frigidaire is properly stocked. This stock may include gingerale, charged waters, grape juice (purple or white) and of course lemons and oranges.

Chocolate syrup is a popular article to keep in stock. Frozen cubes of diluted lemon or orange juice enhance sweet drinks and gingerale cubes add novelty. The fruit juice cubes are especially welcome in iced-tea.

Soup Stock, Fish and Meat

Soup stock, after straining, keeps well in a glass fruit jar. Cream soups and sauces may also be prepared for future service. Jellied bouillon may be ready for next day's dinner, in service cups or chilled in bowl or pan, to be chopped or cubed for a choice platter of cold meats.

Fish should be washed quickly, wiped dry, placed in a flat covered container or enclosed in parchment paper and chilled directly under the cooling coil.

Meats also should be kept in the same place. Steak or chops may be frozen when it is desired to have them on hand. Tenderness is increased by so doing. But they must be thawed at room temperature –test with a skewer or sharp fork to be sure the center is thoroughly thawed.

The same directions apply to frozen fish. Never thaw either meat or fish in water. It is an economy for small families especially, to buy meat for several meals at one time, and keep chilled until needed.

Chopped raw meat deteriorates more quickly than a solid piece.

Left-over cooked meat may be kept in any part of the box if properly covered. Slices of cold meat are kept moist if well wrapped in parchment or heavy waxed paper.

Clean bread wrappers are useful for meat and cheese.

Fresh Vegetables

Vegetables, which are delivered in a wilted condition, should be trimmed, placed in cold water, and set in Frigidaire to crisp. For potato chips, the sliced potatoes should be chilled in water in Frigidaire, an hour or more before drying and frying.

Shredded cabbage so treated, is much improved for slaw or salad. Curled celery and radishes peeled in points need the same method.

A quart or pint jar keeps celery crisp and in convenient form after trimming. The leaves may be washed, dried and spread on a wire pie pan or shallow strainer to dry slowly in Frigidaire and used later for seasoning. They keep well in the cupboard in a paraffined carton.

Dry parsley, so prepared, requires a wide mouth corked bottle to retain its color. If rubbed through the wire mesh when dry, it is evenly powdered, free of stems.

Lettuce, parsley and similar greens need washing and draining before placing in the covered pail which seems best of all containers. If wrapped in a damp cloth, it must be enclosed in a paper bag to retain the moisture.

If space admits, green peppers, whole or cut, may be placed with salad greens.

Scald tomatoes quickly, chill in cold water and place in box, ready to peel when required.

Hard cooked eggs may also be on hand for salads or sandwiches.

Fruits, Berries and Melons

The need of fresh vegetables and fruits in our diet admits of no question. The preservation qualities of Frigidaire make it possible to preserve these important foods in ideal condition.

In small families, a tin cracker box placed in the dry chilled air of Frigidaire holds a goodly variety of vegetables with no mingling of flavors. Left-over cooked vegetables keep well in any covered container.

Such fruits as apples, peaches, pears and plums may stand in shallow baskets. Melons are best wrapped (especially after cutting) with parchment paper. Lemons and oranges keep well in a box or paper bag.

Berries must be examined for spoilage upon arrival from the market, then spread on wire rack or in a pan lined with crushed soft paper. Do not wash until later.

Grapefruit wrapper should remain on until ready to chill. Do not chill fruit until well ripened. A cut half, placed with the flesh down on a saucer retains its moisture.

Other Foods

Salad dressings of many varieties may be kept on hand in bottles or jars ready for immediate service, singly or in any desired combination. Some salads are best made in advance, notably potato, chicken and cooked vegetable salads. Any left-overs of such varieties are an asset rather than liability.

Sour cream, which makes such delectable waffles, muffins and salad dressing, keeps mild in Frigidaire instead of becoming bitter and unfit for use.

Left-over canned fruits or vegetables, often a better buy in larger cans, may be kept two or three days before reappearing, preferably in a different form of service.

Pimentoes, which ordinarily spoil quickly, keep for days in a jelly glass in Frigidaire. A thin coating of any good vegetable oil on top of the liquid in which the pimentoes are immersed helps to keep them firm.

Soft cream cheese and cottage cheese retain their freshness when kept cold. Bulk cheese should be well wrapped, first in a vinegar moistened cloth, then in tough paper.

Apple sauce is best preserved in a glass jar.

Plates for cold service salads and frozen desserts are well chilled if placed in Frigidaire a quarter of an hour before needed.

The Light Lunch

Sandwiches may be made in advance and kept ideally if well wrapped, first in a damp cloth, then with waxed paper—or they may be placed in a covered container.

Sandwich fillings, seasoned butter for sandwiches and appetizers, creamed cheese, liver paste and minced ham packed with soft butter or a little ham fat are all convenient supplies which take little

space, but are a great help in putting up lunches, packing a picnic hamper, or entertaining on short notice.

The Evening Dinner

An evening supper for guests is a simple matter with salad ready to place on lettuce, sandwiches prepared ahead, a frozen dessert in a freezing tray and colored ice cubes for cooling the beverage.

Or, in cold weather, a delicate casserole combination may be fixed in the morning, cooled and placed in Frigidaire. While this is reheated in the oven, sandwiches may be toasted and coffee made, so that an appetizing meal is soon ready.

In an emergency, commercial ice cream of quality can be purchased, kept firm as desired in a tray of the freezing compartment and dressed up with various sauces or fruit combinations. Guests are always welcome under such circumstances.

The housewife who wants a day off, prepares her main supper dish in the morning, lets it cool and then places it in Frigidaire for the day. On her return the casserole or other oven dish is removed while the oven heats and in a short time, the meal is in readiness.

Oven glass, tough as it is, should never be transferred directly from Frigidaire to a hot oven. Let it stand in the room awhile to equalize temperature.

Simple Frozen Dishes

Gelatine desserts are quickly completed if the gelatine mixture is placed in the chilling unit to congeal; be careful not to let it freeze, however. Both salads and desserts with a gelatine foundation are safely made for two days' service with the low temperature of Frigidaire.

Variation in the second service may be achieved by molding half the mixture in one large form and the balance individually, or a different sauce or dressing may change the appearance.

Frozen whipped cream, thinned a bit, sweetened and flavored, serves acceptably with hot fruit dumplings, pies or puddings. Piped in rosettes with the pastry tube before freezing, this makes an attractive service.

Paper cases of various sizes are a practical investment, the large

ones for salads and desserts, the tiny forms for frozen cheese, horseradish or cucumber sauce.

Refrigerating Dough

The housewife may treat her family to fresh hot rolls several times from one mixing, by keeping the well greased ball of dough well covered in Frigidaire. Extra time must, of course, be allowed for rolls to rise. Cookie dough or a bowl of doughnut mixture keeps several days in the same way, and results are better as a softer product is possible. For cookies, if the dough is shaped in a long roll, slices are easily cut and baked in half the time required for rolling and shaping.

Added Conveniences

It is convenient to have a couple of cans of evaporated milk on hand for whipping; an easy matter if cans are placed in a kettle of cold water which is then brought to boiling point, cans removed and cooled—then kept chilled until needed. Condensed milk, boiled in the can for four hours, then chilled, keeps indefinitely, and slices down as a luscious dessert.

The regulation hard sauce for puddings, (one part butter and three of powdered sugar with flavoring) comes in handy when kept cold in a covered jelly glass.

Cooked frosting made with corn syrup, keeps soft and ready to finish a cake on short order.

Cut flowers keep fresh much longer than usual if placed in Frigidaire over night, after stems are cut and water changed.

Broths, custards, etc., so important in special diets or illness, can safely be made in amounts for two or three days with the positive low temperature of Frigidaire.

Refreshing fruit sherbet and delicate ice creams retain all their desirable qualities so long as they are frozen. If a bit icy when taken from the chilling unit, a few moments at room temperature will restore their proper consistency.

DEFROSTING FRIGIDAIRE

THE frost that collects on the Frigidaire cooling coil is moisture that has been absorbed from the air inside the refrigerator. Periodically this frost must be disposed of, for if allowed to collect it will retard air circulation. The process of disposing of this frost is known as "defrosting."

Turn the Frigidaire Cold Control to the defrosting position denoted by "Off" on the Cold Control dial. Frigidaire will completely defrost in ten to twelve hours. And while it is defrosting, the food compartment is kept cold by the melting of the frost.

After your Frigidaire has defrosted for ten or twelve hours, turn the Cold Control to the first position. Remove the defrosting pan, empty the water, and return the pan to its proper position in Frigidaire.

Defrosting of the cooling coil is necessary with *any* electric refrigerator. But with Frigidaire it is extremely simple. It is generally only necessary to defrost Frigidaire once every month.

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